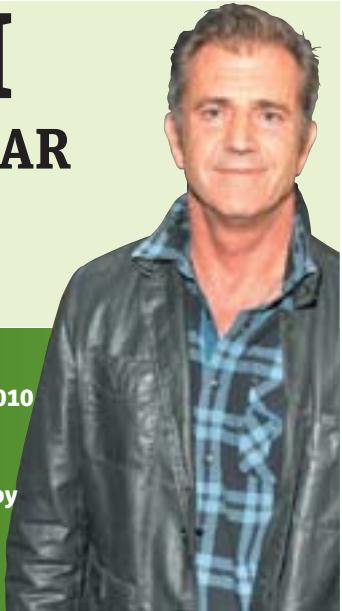


HENNESSY HEARING
GHOSTS
ACTRESS REVISITS
MUSIC ROOTS {page 10}



CRASH MEL DRIVES CAR INTO HILL DISH {page 11}



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Tuesday, August 17, 2010
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Reward grows for tips on couple

So far, \$11,000 has been raised for information leading to Lyle, Marie McCann. \$10,000 came in from an anonymous donor. Mayor says he hopes the money will be an incentive to come forward.



ANDREAS MORSE
@METRONEWS.CA

The mayor of St. Albert believes someone

knows something about the missing McCann couple.

Yesterday, Mayor Nolan Crouse announced a community-driven initiative to raise funds for a special reward for tips

that lead to Lyle and Marie McCann and the arrest and conviction of whoever is responsible for their abduction.

"Our thoughts and prayers are for the safe return of Mr. and Mrs. McCann,"

Crouse said. "Someone knows where they are and our community is encouraging whoever that is to come forward."

For donations, contact Brett McCann at 780-233-9993.

Pakistan. Flood



Pakistan army soldiers evacuate a child from flooded areas yesterday in Khangarh near Multan, Pakistan. Angry flood survivors in Pakistan blocked a highway to protest slow delivery of aid and heavy rain lashed makeshift housing as a forecast of more flooding increased the urgency of the massive international relief effort.

K.M. CHAUDARY/THE ASSOCIATED PRESS

Urgency increases in Pakistan flood relief efforts

Wellness

M guide to good living

- Seven gym bag essentials
- How to keep your knees pain-free {pages 12-13}

At war at the dinner table

Declaring a truce between meat and veggies {page 14}



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CFL to investigate Esks-Stamps melee

► Incident came in fourth quarter of Sunday's blowout victory by Calgary ► Stamps GM remains mum

The CFL will look into the late-game incidents that occurred in the Calgary Stampeders' 56-15 win over the Edmonton Eskimos on Sunday to see if disciplinary action is warranted.

The contest turned ugly in the fourth quarter as players from both sides became involved in an incident on Calgary's side of the field.

Edmonton receiver Tremayne Kirkland was downed after making a catch when Calgary defensive lineman Mike Labino and Eskimos receiver Andre Talbot went over him.

A melee ensued when Kirkland got up and started swinging.

During the incident Labino, who contended Talbot grabbed his face-mask after the play and pulled him down, ap-

"I want to investigate that before I make any comments."

JOHN HUFNAGEL,
STAMPEDERS HEAD COACH AND GM

peared to drop his knee on the fallen Eskimos receiver.

When cooler heads prevailed, Kirkland was ejected from the game.

Later, Edmonton's Kai Ellis hit Calary receiver Jabari Arthur with blows to the head instead of trying to simply tackle him.

Calgary's Miguel Robede was sent off the field for rough play, though that incident seemed to start when Robede was shoved in the back by Edmonton offensive lineman Aaron Fiacconi and sent flying into the pile.

THE CANADIAN PRESS



► Calgary Stamped Nik Lewis, right, ends up on his head after dropping a pass as the Eskimos' T.J. Hill looks on during Sunday's game.

'A piece of history'

Due to bad weather conditions, a special aircraft, scheduled to land yesterday, delayed its arrival at the City Centre Airport until today.

Carrying with it memories of the past, the Canadian Warplane Heritage's Lancaster Bomber, dedicated to Second World War pilot and Victoria Cross recipient Andrew Mynarski, is more than just an old airplane to Tom Hinderks,

executive director of the Alberta Aviation Museum.

"My father was a Lancaster pilot in the Second World War and my father-in-law was a tail gunner, that's a huge connection for me in my family," said Hinderks.

"It's a piece of history that connects us back to people like Andrew Mynarski and all the others that have contributed to where we are today."

The Alberta Aviation Museum houses many aircrafts with flying simulations, but Hinderks explained the experience is nothing compared to seeing the real thing in action.

"You can't read about it in a book, and you can't play it on a video game ... The sound of the engine literally goes through you."

The aircraft will remain in Edmonton for viewing until Thursday. ■ KATHY LE

News in brief

Boy, 3, in hospital after fall at West Edmonton Mall

ACCIDENT. A young boy is in hospital with minor injuries after falling from a second-storey balcony at West Edmonton Mall yesterday morning.

The three-year-old boy climbed a railing in

the mall's second level at about 11:30 and fell over the side, officials say.

Police say the boy struck the walkway below and then rolled into a nearby fountain.

Paramedics and firefighters responded to the accident.

The boy was taken to hospital, where he remains for observation.

Police say the boy's family was with him at the time of the incident.

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1
news



News on the move

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Random survey to gauge health in Edmonton

Starting next Monday, randomly selected households from Edmonton and surrounding regions will participate in a Canadian Health Measures Survey, conducted by Statistics Canada.

After participants answer general health-related questions during the first stage of the survey, they will visit a mobile clinic, located in the parking lot of the Chateau Nova Hotel & Suites, to complete the second stage.

The mobile clinic will open its doors on Sept. 15 and qualified health professionals will take direct physical assessments on site.

• METRO EDMONTON

Garden party to benefit Little Warriors

A special garden party will be hosted at the Labonte Residence tomorrow evening to support Little Warriors, a national charitable organization that aims to help prevent child sexual abuse.

This second annual, invitation-only event will showcase a beautifully decorated garden, donated raffle prizes, special guest appearances, food and cocktails.

Funds raised at last year's garden party tipped the scales at \$80,000, and this year's goal is to raise \$100,000.

The organization's purpose is to make a positive difference in a child's life.

• METRO EDMONTON

Fringe bringing in the fans, despite weather

Despite a rainy start to the 2010 Edmonton International Fringe Theatre Festival, thousands of patrons have enjoyed the Fringe's sights, sounds and tastes since the kickoff last Thursday, with a record 3,600 visitors to the ever-popular KidsFringe area on Sunday.

Festival artists have sold a record 50,000 tickets to date, while nearly 100 of the Festival's 1,250 productions are sold out. The 2009 Fringe sold 92,630 performance tickets, and this year's attendance goal is to host 100,000 patrons at ticketed events.

The Edmonton International Fringe Theatre Festival runs until Aug. 22 in venues throughout Old Strathcona and beyond. Tickets and information are available at www.fringetheatre.ca.

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DRAGONFLY CAME FROM THE STREET

Opinion

AT THE FRINGE FEST

BRYAN SAUNDERS



Rob Heath, the playwright behind the musical docudrama Dragonfly, is well known as one of the best singer-songwriters and storytellers in the city.



► The cast of Dragonfly.

Dragonfly

Playing at Venue #36, The Armoury Youth Centre (10310 — 85 Ave.)

► Tonight through Sunday, Aug. 22. All shows at 7:30 p.m.

on the streets aren't there because they want to or because they've made poor choices, but because others around them have.

"A lot of these youth are running away from abusive homes," notes Heath.

"Some of the kids (from the Youth Emergency Shelter) have come up and watched the show and they've told me that it's not too romantic a portrayal of their experiences. So far, the feedback has been really positive."

As it should be: A young cast featuring Cody Ray, Matt Van Boeyen and Ellie Heath (Rob Heath's daughter) are all well above average in their singing and acting abilities.

Veteran actor and director Glenn Nelson also appears in the show, and in

the second last scene of the play, an exchange between Nelson's character and Van Boeyen's left many in the audience in tears.

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Couple stoned to death for adultery

Taliban militants stoned a young couple to death for adultery after they ran away from their families in northern Afghanistan, officials said yesterday.

Amnesty International said it was the first confirmed stoning in Afghanistan since the fall of Taliban rule in the 2001 U.S.-led invasion.

The Taliban-ordered killing comes at a time when international rights groups have raised worries that attempts to negotiate with the Taliban to bring peace to Afghanistan could mean a step backward for human rights in the country.

This weekend's stoning appeared to arise from an affair between a married man and a single woman in Kunduz province's Dasht-e-Archi district.

The woman, Sadiqa, was 20 years old and engaged to another man, said the Kunduz provincial police chief, Gen. Abdul Raza Yaqoubi.

Her lover, 28-year-old Qayum, left his wife to run away with her, and the two had holed up in a friend's

"It is against all human rights and conventions ... There was no court. It was cruel."

KUNDUZ PROVINCE SPOKESMAN MABUBULLAH SAYEDI

house five days ago, said district government head Mohammad Ayub Aqyar.

They were discovered by Taliban operatives Sunday and stoned to death in front of a crowd of about 150 men, Aqyar said.

First the woman was brought out and stoned, then the man a half an hour later, Aqyar said.

He decried the punishment, which he said was ordered by two local Taliban commanders.

The ancient practice of death by stoning has been abandoned in all but a handful of countries. It is still a legal punishment in some countries, like Iran, which justify it under shariah, or Islamic law, although human rights activists say the Qur'an never specifically prescribed stoning for adultery.

THE ASSOCIATED PRESS

News in brief

Schools won't turn off Wi-Fi

ONTARIO. A school board north of Toronto is defending its decision to keep wireless Internet access in classrooms, despite fears from some parents that radiation from Wi-Fi transmissions is making kids sick.

There is no scientific or medical evidence to show children complaining about headaches, dizziness and nausea are being made ill by the Wi-Fi in their classrooms, the Simcoe County District School Board said yesterday.

The board will not turn off Wi-Fi access in schools this fall, despite the concerns of critics who say there's no evidence to prove radia-

tion from wireless transmitters is safe for children as young as four.

There's no evidence to show Wi-Fi harms children, said the board's director of education, John Dance.

THE CANADIAN PRESS

More scrutiny for drilling

WASHINGTON. The Obama administration announced yesterday it is requiring environmental reviews for all new deep-water oil drilling.

That means an end, at least for now, to the kind of exemptions that allowed BP to drill its blown-out well in the Gulf of Mexico with little scrutiny.

Shallow-water drilling will also be subjected to stricter environmental scrutiny under the new policy.

THE ASSOCIATED PRESS

Russia. Trees over highway



► An activist protests in downtown Moscow yesterday.

MARK HUMPHREY/THE ASSOCIATED PRESS

Protesters object to highway plan

Activists protested the cutting down of a forest for highway construction in a Moscow suburb. The number 67 written on the demonstrator's forehead allegedly shows the percentage of Moscovites who oppose the clearing plan.

The chemicals inside us

- Study finds most Canadians have some bisphenol A in their systems
- 88% have mercury concentrations, lead also present in many people

It's found in soft plastic bottles and in the linings of tin cans — and probably in you, too.

Most Canadians have low levels of a chemical called bisphenol A in their bodies, a new federal study has found.

The Canadian Health Measures Survey, released Monday by Statistics Canada, says 91 per cent of Canadians aged six to 79 had bisphenol A in their urine.

One expert said he wasn't overly worried by the findings.

"I don't think we should alarm the public that there's a huge problem there. I don't think there is," said Dr. John Giesy, a professor at the University of Saskatchewan and the Canada Research Chair in Environmental Toxicology.

"But, at the same time, all chemicals can be toxic. We know lead and mercury do cause effects at small levels, and we should always be prudent and we should always be vigilant."

The survey says those measured had a mean concentration of 1.16 micrograms per litre in their

bottles, canned food linings and hundreds of other household items. Some scientists believe exposure to bisphenol A can harm the reproductive and nervous systems and possibly promote cancers. They point to dozens of animal studies, though the negative effects have not been recorded in human studies.

"I don't think we should alarm the public that there's a huge problem there. I don't think there is," said Dr. John Giesy, a professor at the University of Saskatchewan and the Canada Research Chair in Environmental Toxicology.

"But, at the same time, all chemicals can be toxic. We know lead and mercury do cause effects at small levels, and we should always be prudent and we should always be vigilant."

The survey says those measured had a mean concentration of 1.16 micrograms per litre in their

Teens

The Canadian study found concentrations of BPA in urine were higher for children aged six to 11 than they were for adults aged 40 to 79. The study found the highest concentrations in teens.

► Ban The federal government has already taken action to forbid the sale in Canada of polycar-

bonate plastic baby bottles that contain bisphenol A. Many retailers had already pulled plastic water and baby bottles from their shelves before the government announced the ban in 2008.

► Level Although everyone tested positive for lead, fewer than one per cent had concentrations at or above the intervention level of 10 micrograms per decilitre of blood.

tions have declined dramatically since the 1970s, socio-demographic characteristics, the age of dwellings, and certain lifestyle behaviours are associated with higher levels."

The study also found 88 per cent had detectable concentrations of mercury in their blood.

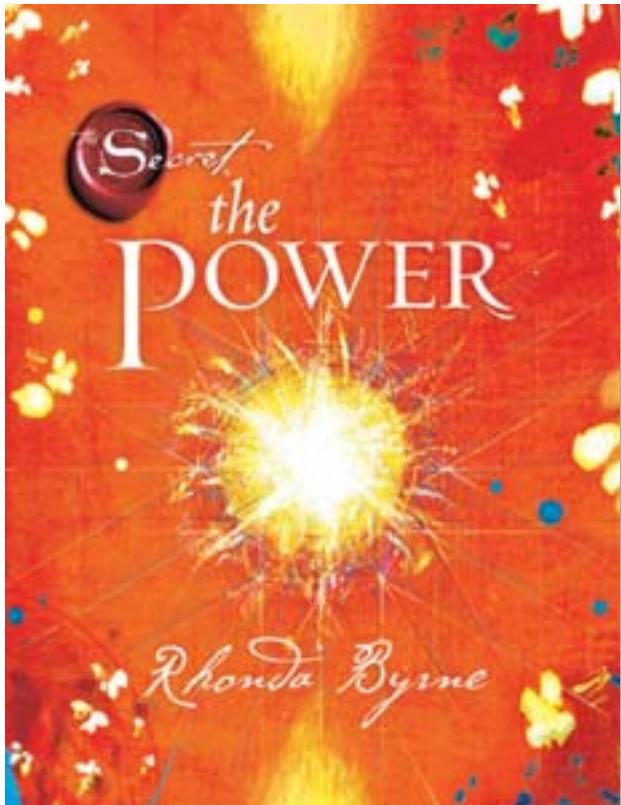
Mercury concentrations were lower for children and teens aged six to 19 than for adults aged 20 to 79.

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"Although ... concentra-

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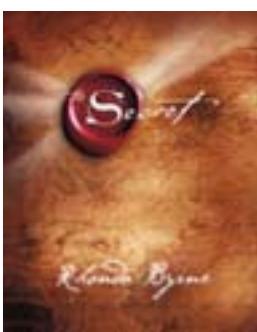
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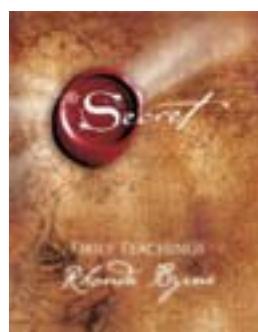
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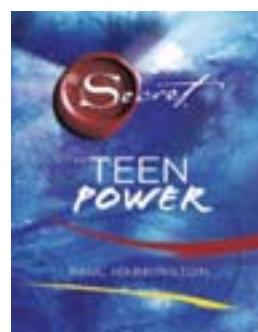
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TRENDY TURN-OFFS: A FASHION FIGHT

She says ...

JESSICA NAPIER



The other day, I found myself standing in my closet with a serious case of nothing-to-wear syndrome.

After I had spent half an hour rummaging through an enormous pile of clothes, I eventually decided to throw on an old standby summer dress. I emerged from the closet in a fun, flirty (and maybe most importantly, forgiving) frock only to be met with unappreciative groans from my boyfriend who had been patiently waiting while I had my wardrobe-related meltdown.

"Couldn't you wear something a little tighter?" he asked, eyeing my flowy, empire waist garment. "That looks a lit-

tle bit like a tent."

Apparently, my testosterone-fuelled roommate is not a fan of comfort over curves. I decided to keep the dress on regardless; this was hardly the first time we had feuded over fashion.

Our most memorable clash was our war of words over the siren-red lipstick. I say sexy bombshell, he says un-kissable harlot. It seems most men do not appreciate puckering up to someone with an intensely pigmented mouth.

Why do men and women have such vastly different opinions on

our favourite items of clothing? I have to assume that guys don't really care about the clothes themselves; they're more concerned with how we look in them. Figure trumps fashion, and so the trends that we find en vogue are often given a thumbs down by the men in our lives.

Looking back, we've all made some style faux-pas at one point or another. In the '90s, my middle-school self had a bad perm and an even more heinous collection of French berets.

I guess I've always taken an experimental approach to fashion. This year alone I've dabbled in bold shoulder pads, floral hair bands, faux fur vests, clogs, pastel blue nail polish — hell, I even own a pair of jeggings. But more often than not these looks are met with an eyebrow raise from a partner who doesn't seem to appreciate my penchant for achingly trendy items.

So what fashion fad do men hate the most? UGGs. Yes, according to a recent study (and by that I mean an informal poll of my male friends and coworkers) these ubiquitously frumpy boots top the tragic trend list.

Sorry guys, but as long as there are mid-February snowstorms and icy sidewalks, you'll find us stomping through the slush in our hideously practical footwear.

Cartoon

MICHAEL DE ADDER

Helmets great, laws aren't

Letters & Tweets

OTTAWA. I am all in favour of using helmets when biking. They protect your noggin and are a good platform for bright reflective stickers.

But if a law discourages healthy activity, even casual cycling for errands and other trips, the gain in safety from accidents is less than the unhealthy effects of inactivity.

Studies in Nova Scotia and Australia and other places have recorded significant and large decreases in cycling when helmets were made mandatory for adults. In Europe, few cyclists wear helmets, but their injury and fatality rate is much

More bikes, less pollution



less than North America where a greater proportion wear helmets.

The more cyclists there are, the lower the accident rate is, so discouraging cycling actually increases the danger to the remaining cyclists. When helmet laws were introduced in Nova Scotia, there were fewer cyclists and a greater proportion wearing helmets —

but just as many injured cyclists.

More cycling also means less air pollution and less wear and tear on the roads.

The biggest safety benefit of helmet laws is largely for kids.

I think the greatest danger comes from less cycling, not legislating bicycle helmets for adults.

TOM TROTTIER

What's your favourite dessert?

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Metro Minute at the Fringe Festival

Were you hoping to see a Fringe play that's sold out? That's OK — you can still get a chance to see it by checking out Gordon's Big Bald Head at the Varscona Theatre (10329 83 Ave).

Throughout the course of the week, acclaimed improvisers Chris Craddock, Mark Meer and Jacob Bannigan will pick a

different play from the Fringe program and, based on the title and synopsis, create a new version of said show off the top of their heads.

So, if you weren't lucky enough to get tickets to see Jake's Gift, Wanderlust, or even Solo: A two-person show, now could be your chance.

• METRO EDMONTON



► Play you wanted to see sold out? Gordon's Big Bald Head may be just what you're looking for.

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News in brief



1 The first crop of Emmy presenters have been announced, and they represent some of the most popular and most nominated TV shows of the year. Nominees Matthew Morrison, January Jones, along with The Office creator Ricky Gervais will appear at the Aug. 29 ceremony.

THE ASSOCIATED PRESS

2 Another MTV Jersey Shore cast member has been arrested. Police say Ronald "Ronnie" Ortiz-Magro was taken into custody around noon Sunday for outstanding warrants involving unpaid parking tickets.

THE ASSOCIATED PRESS



Job transfer: Ricky Gervais is developing *The Office* for Chinese television.



► Actress Jill Hennessy started out as a teen busking for rent money and has released a new album *Ghost in my Head*.

Hennessy gets back to her musical roots

Many of the songs inspired by her unsettled family life across Canada



GRAHAM
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Buddy Holly Story, would eventually get her to New York and an enviable career as an actress.

Back then, her life centred around music and just getting the rent paid. During the past few years — freed from the distractions of a hit TV show — Hennessy has been able to refocus her talents on music. The result is her debut album, *Ghost in my Head*.

Hennessy, 41, laughs when reminded of her busking career back in the early '90s: "Outside the Riv-

oli was where I used to play guitar for money. It will be such a luxury to actually play inside for money for the very first time."

Hennessy was born in Edmonton, but raised in several different cities in Canada as her family followed her salesman father from job to job — Calgary, then White Rock and Cranbrook in B.C., Burlington, Kitchener and Waterloo in Ontario. At the age of 18, she found herself living by herself in downtown Toronto and took to the

streets.

Through the influence of her parents' record collection, Hennessy's musical tastes were formed listening to the songs of Joni Mitchell, James Taylor and Gordon Lightfoot. Her new album follows that '70s singer-songwriter tradition.

"They're songs that a lot of people can relate to," Hennessy says in an interview with Metro. "These are the images that have been haunting me for a very long time so I did find them necessary to put down."

Canadian double threats

Beside Jill Hennessy there have been several other Canadian cross-over actors/musicians. Here are some of the other notable ones:

Anilis Morissette:

The Jagged Little Pill singer from Ottawa had the honour of playing God in Kevin Smith's *Dogma* and is a regular on *Weeds*.

Hugh Dillon:

The lead singer of the '90s rock band the Headstones is now the star of *Flashpoint* and Durham County.

Drake:

One of the hottest music stars in the world got his start playing Jimmy Brooks on *Degrassi: The Next Generation*.

Chris Jericho:

The Winnipeg WWE star has recorded five CDs as singer for metal band Fozzy.

Alan Doyle:

The Great Big Sea singer played Allan A'Dayle in Russell Crowe's recent *Robin Hood*.

Avril Lavigne:

The punk princess of punk supplied the voice of Penny the Possum in *Beyond the Hedge*. Her possum dad was Star Trek's William Shatner.

William Shatner:

In 1968, Capt. Kirk released the LP *The Transformed Man* with ridiculous spoken word versions of Lucy in the Sky with Diamonds and Hey, Mr. Tambourine Man.

● GRAHAM ROCKINGHAM

ANTICIPATION HIGH FOR FALL DISCS



The Audio Files

BRYAN
BORZYKOWSKI
SCENE@METRONEWS.CA



No one wants the summer to end, but at least there's a bright side — a plethora of records get released between now and the end of the year. Here are a few discs to look out for in the back half of 2010.

Weezer — Hurley (Sept. 14)

Even though Weezer's last few records haven't resonated much with long-time fans, people still get excited when Rivers Cuomo releases a new record. This is the first time they've put out a disc on an indie label (*Epitaph*) and they're claiming it's a return to their indie-rock

roots. First single *Memories*, is hopefully an indication of how the rest of the disc sounds — it's a loud, driving, riff-heavy rock number, and it's really good.

The Walkmen — Lisbon (Sept. 14)

This gritty New York four-piece rose to indie-rock fame with their 2004 sophomore record *Bows & Arrows* and have been consistently strong since. While they continue to make gravelly, amped-up Dylan-inspired sounds, they're also not afraid to turn down the distortion. That's clear from their new songs on MySpace. *Stranded* is a quiet ballad with sad sounding horns and minimal guitars; An-

gela Surf City is the opposite — it's got manic drums, an aggressive wall of distortion and Hamilton Leithauser's brilliant wail.

Antony and the Johnsons — Swanlights (Oct. 12)

Antony Hegarty is proof that you don't need to be a Maroon 5-wanabee if you want a successful music career. His band, Antony and the Johnsons, have made a name for themselves playing soft, dramatic chamber pop. The 2005 Mercury Prize winner's last disc was pretty depressing so it's a nice to change to hear new single *Thank You For Your Love* — an upbeat soul number that shows off Hegarty's happier side.

Kanye West — Good Ass Job (Nov. 16)

There's almost no artist who can generate pre-album buzz like Kanye West. Last week, out of the blue, he released an unmastered version of a new song on his website. (It's since been taken down.) If this track is any indication, his fifth record will be a big improvement over the lackluster, auto-tune mistake *808s & Heartbreaks*. The song, *See Me Now*, is an upbeat number layered with choir-like background vocals and an aggressive R&B chorus courtesy of Beyoncé. The disc also features contribution and production credits from Kid Cudi, Q-Tip, Pete Rock, RZA, and apparently, Bon Iver's Justin Vernon.

Car wreck that is Mel's life gets real

► Embattled actor crashes his expensive Maserati into a Malibu hillside ► Police claim Gibson unhurt

Mel Gibson was uninjured after crashing his sports car into a Malibu hillside, the California Highway Patrol said.

Gibson's 2008 Maserati careened off southbound Malibu Canyon Road on Sunday evening, the agency said.

Gibson's spokesman Alan Nierob said in an email the actor-director was doing fine.

The 54-year-old Academy Award winner was alone in the car. Authorities do not suspect alcohol was involved.

Gibson co-operated with the agency and was picked up from the scene by a friend. The CHP did not release any further details, and it was unclear how much damage Gibson's car sustained.

THE ASSOCIATED PRESS



► Mad Mel continues his rampage of destruction upon his beloved possessions.

GETTY IMAGES

Doogie expecting twins

Neil Patrick Harris and his partner, David Burtka, will become parents of twins this fall.

A representative for Harris confirmed in an email yesterday that Harris made the announcement in a posting on Twitter.

The 37-year-old actor

says he and Burtka are "super excited/nervous/thrilled."

He did not say whether they were adopting or used a surrogate. Harris posted the message on Saturday. He stars in the CBS sitcom *How I Met Your Mother*.

THE ASSOCIATED PRESS



► Neil Patrick Harris

GETTY IMAGES

Celebrity tweets



Dolly Parton
[@Dolly_Parton]

Some of my dreams are so big they would scare you!



Jamie Oliver
[@jamie_oliver]

day in England, it's so beautiful in summer in this country



Spencer Pratt
[@Spencer_pratt]

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Need to know



Organ donors: A new poll suggests that most Canadians strongly support both organ and tissue donation for transplantation, but many are confused about how to consent to be donors themselves. Find out more at organ-donation.ca



Gym bag Essentials

► 7 things to give every modern guy the extra push he needs to complete his workout



LISA
HERZ

WELLNESS@METRONEWS.CA

Used to be, a guy could hit the gym with nothing more than an old pair of Keds, a ratty T-shirt and a can of Axe.

The pared-down aesthetic is timeless for guys, but even unmetrosexual men can benefit from a few gym-bag perks.

1. A little too enthusiastic with the dead-lifts? Get some heat on those aching muscles with JR Watkins liniment (\$11.99, Shoppers Drug Mart) containing camphor and capsicum, which calm pain by muting the

"screams" of your poor, stressed nerve endings.

2. Body Shop De-oDry Deodorant Stick in Cool & Zesty (\$8, The Body Shop), uses natural volcanic mineral to absorb water and keep you dry for 24 hours. As a bonus, it's crisp and clean, not like those generic, industry-standard scents that all smell like teenage body spray.

3. A separate shampoo and body wash? That's not going to happen — too

many bottles. Gillette Gentle Clean Shampoo and Body Wash 2-in-1 (\$6, drugstores) gives you clean hair and a clean body. Simple.

4. Stash these miniature deodorizers (Sneaker Balls \$6, Sport Chek) in the bottom of your gym bag or slip them into your shoes after a workout. The tiny soccer balls will keep bad smells at bay long after your World Cup-sized workout is over.

5. Buy a Bodylogix product and you'll also receive a

PIN code for online access to trainers and nutritionists who'll create customized workout and diet plans to meet your goals.

Bodylogix Thermogenesis capsules (\$30, exclusive to Shoppers Drug Mart) accelerate fat-burning to help you get the most out of your workout.

6. Literally space-age technology, the



fabric for the Tilley Outlast T-shirt (\$49, tilley.com) was designed by NASA to stay cool when you heat up.

And, conversely, to keep you warm when it's cool.

7. Time your circuits through weight stations with this rugged Swatch Mister Chrono (\$135, swatch.com for stores) with a timing feature, easy-to-read dials and a rugged rubber strap.



Offspring of sperm donors in the U.S. are seeking changes so they can find their fathers more easily



Avoid knee pains before they strike

► Youth facing problem with their own osteo-arthritis symptoms

More and more young Canadians are experiencing osteo-arthritis symptoms, according to recent studies.

While exercise is a good way to prevent osteoarthritis (OA), it appears that young people who play too hard, or exercise without protecting their joints, can end up with joint pain that used to be more common among their parents or grandparents.

A 2009 study found that people engaged in high levels of physical activity sustained more severe knee injuries, including such damage as fluid buildup and torn cartilage and ligaments. Tennis, skiing and skateboarding can

be hard on the knees. Hockey can lead to hip, knee and wrist damage. These types of injury can dramatically increase likelihood of developing osteoarthritis (OA).

Another factor behind OA in young people is obesity. Excess weight puts strain on joints and increases one's risk of injury from even simple day-to-day activities.

Glucosamine sulfate, chondroitin sulfate and MSM are among the most popular natural supplements used for joint care and repair, according to Dr. Joyce Johnson, consumer education specialist at WN Pharmaceuticals.

NEWS CANADA

Inflammation

Here is a list of what prevents inflammation and a list of the things that can cause inflammation in joints. Joint inflammation can eventually lead to arthritis.

► Prevents inflammation & arthritis:

- Apple cider vinegar
- Molasses
- Fatty Fish like salmon (omega-3s)
- Walnuts, flax seeds and flax seed oil
- Olive oil
- Tart Cherries
- Berries and antioxidant fruits
- Turmeric, cayenne pepper, rosemary
- Kale, chard, cucumbers
- Onion

► Increases inflammation

- Dairy products
- Refined sugar, honey, corn syrup
- Corn, corn oil
- Coffee, carbonated drinks
- Beef/red meats
- Trans fats/saturated fats
- Wheat products, gluten
- Egg yolks
- Alcohol
- Processed meats

3 Can dietary choices prevent the pain and stiffness of arthritis? Research suggests three things can help guard against stiffness: a low protein diet high in complex carbs as a preventive basic, moderate exercise and avoiding foods that cause inflammation that is a key component of arthritis risk and other non-optimum health conditions.

NEWS CANADA



Are the eyes the "Windows to the soul?"

and as you look in the mirror have you ever thought...

- My eyelids make me look older than I feel.
- People say I look tired.
- I'm getting the same eyelids as my Parents
- I don't need glasses after my Lasik, but now people see my eyelids.
- I can't wear makeup anymore-it's always smudging.

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How to cater to everyone

► What happens when a carnivore and a vegan come to dinner?

 CELIA MILNE
FOOD@METRONEWS.CA

It's pretty typical these days to have a mixed crowd at your dinner party with many different tastes and needs. But fear not, you can still throw a fabulous, down-home dinner party to please everyone.

"The idea is to have a menu that is diverse enough to appeal to all parties," says Corbin Tomaszeski, co-host of Dinner Party Wars, which premieres Sept. 1 at 9 p.m. on the Food Network Canada. For hosting your own dinner party, he suggests starting with old-time favourites such as pasta, rice or classic Italian risotto dishes and adding meat or fish for the carnivores.

For vegetarians, try bean cassoulet or vegetable ragout, suggests Tomaszes-

ki, who is also the executive chef at Toronto's fashionable Holts Café (Holt Renfrew). Keep it fresh for everyone — including those who are dieting or cleansing — with soups and stews, salads, and chopped fresh vegetables. Avoid shellfish and nuts, so that those with allergies can share the fare. "The trick is to prepare a dish without reinventing it but that can be modular for all guests with dietary restrictions or allergies."

Even the simple, one-pot wonder can work at a dinner party. "Right now there's a huge trend of people cooking easy, classic dishes that go back to the roots of cooking and are reminiscent of comfort foods that we grew up with," says Tomaszeski. "Cook foods you're familiar with; take the ordinary and make it extraordinary."

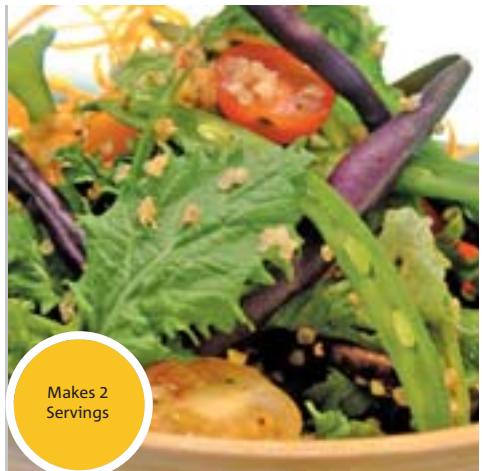
Ingredients :

- 2 whole raw rapini — cut into 1-inch pieces
- 4 raw green beans — sliced in half lengthwise
- 4 raw purple beans — sliced in half lengthwise
- 4 raw yellow beans sliced in half lengthwise
- 6 yellow tear drop tomatoes — halved
- 6 red cherry tomatoes — halved
- $\frac{1}{2}$ clove garlic minced
- 1 cup quinoa — cooked
- Salt and Pepper to taste
- 4-6 tbsp. roasted tomato

vinaigrette

- 2 cups whole arugula leaves
- Roasted Tomato
- Vinaigrette:
- 8 halves of roasted plum tomato — skinned and seeded
- 1 garlic clove — minced
- 1 tsp. Dijon mustard
- 1-2 tsp. balsamic vinegar
- 1-2 tsp. red wine vinegar
- $\frac{1}{4}$ cup extra virgin olive oil
- salt and pepper to taste
- Combine all ingredients in a blender and purée until smooth. Pass through a sieve and chill until use.

Makes 2 Servings



break from your own dinner party triumphs and disasters, tune into Dinner Party Wars. Each show features three couples over three nights of competition to see which one is best at setting the table, choosing the menu, cooking, leading the conversation and keeping the kitchen on track. Co-host Anthea Turner provides hosting Do's and Don'ts.

If you want to take a

of your favourite lettuce. Place the mixed quinoa salad on the lined platter and garnish with fresh basil leaves.

Gently toss all ingredients together in a medium sized bowl. Line a large platter with whole leaves

Serve immediately and enjoy.



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Liquid Assets

It's not easy being an organic wine

 PETER ROCKWELL
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It's not that easy being green when it comes to organic wines. As a winemaker you not only have to be committed to meeting some pretty strict guidelines to become a certified organic producer; you then have to convince consumers that you're not short-changing them when it comes to flavour.

While I've sipped my fair share of organic wines that tasted like licking a manure pile; the quality and selection of organic juice available today has never been better. In fact, with most I'd bet you'd never even know you were drinking a wine that was made without chemical intervention in the vineyard.

Bonterra Vineyards in California's Mendocino County has been making wine with organically grown grapes since the early 1990s. Its 2008 Chardonnay (\$18.95 - \$21.36) is all about bright citrusy flavours with just a touch of oak,

while its 2007 Cabernet Sauvignon (\$19.95 - \$21.99) shows off big, ripe berry fruit that's massaged by rounded tannins and a light spiciness. Both are textbook examples of wines that are made organically yet don't sacrifice taste.

Prices reflect the range across the country. Some products may not be available in all provinces.



Divorce, dish, sell

► The memoir Eat, Pray, Love has plenty of company

Maybe you were inspired by Elizabeth Gilbert's post-divorce mission to find herself (and, incidentally, a hot new boyfriend) in Eat, Pray, Love, her 2006 memoir chronicling her "search for everything across Italy, India and Indonesia." Maybe it turned you into a spiteful, hungry atheist. Doesn't matter: Not only did her book sell millions



Every story is different

Stacy Morrison decided to write Falling Apart in One Piece after being surrounded by women at cocktail parties who were curious about her divorce — and it wasn't exactly a simple story to tell. "The goal was to say 'Here's what it looks like,'" she says. "I think it's funny, and more than a little f-ed up, that we always think there's a rat bastard."



Most people need practical advice

Although Jessica Bram calls Gilbert an "amazing writer," it didn't resonate with her experience as a mother of three who had long been out of the dating pool. Her book, Happily Ever After Divorce: Notes of a Joyful Journey speaks to those who don't have a year to go on vacation. "Most people have more things to worry about," she says. "This is the book I wish I had when I was going through my divorce."



of copies, but its film adaptation opens this Friday starring none other than Julia Roberts.

Why do we want to know, and why do they want to tell? We hit up other divorce memoir writers — there were, maybe not surprisingly, plenty to choose from — for answers.

MONICA WEYMOUTH

It's good for a couple of laughs

For Sascha Rothchild, finding the humor in divorce led to How to Get Divorced by 30. She's happy to show the more lighthearted side of what plenty of couples go through: "You don't have to go find yourself in Italy," she says. "In the '40s and '50s, there were all these fantastic, funny divorce movies: His Girl Friday, The Awful Truth. It's weird — now it has to be this sad, horrible thing."



SPARKS FLY AT REUNION

How We Met: Malisa & Tommy

Names: Malisa, 25,
and Tommy, 27

Hometown: Toronto

Together since: 2005

Their story:



"Tommy and I (Malisa) first met at a restaurant near our schools in 1998; I was 13 and he was 15. We both happened to order the same lunch at the same time.

"We laughed it off and started chatting. There were some sparks at the time, and we dated for a bit, but we both agreed we were too young for anything serious, so we drifted apart. Seven years later,

in March 2005, we went out for a casual dinner and those sparks started flying again! We moved in together just a few weeks later, and have been inseparable ever since.

"Tommy came back into my life at the perfect time, as my mother passed away to cancer shortly thereafter in July of that year. It was definitely a difficult time for me. We both realized how

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Our investment choices can make a difference. South African Apartheid, an unethical system of legal racial segregation, was dismantled in the 1990s in part because socially responsible investors, companies and pension funds, divested their financial interests in the country until political changes were made.

Socially responsible investing (SRI) encompasses the protection of people, health, environment, and human rights. Typically it means avoiding investing in companies involved in things like environmental degradation, endangering public health and well-being and human rights abuses.

Socially responsible fund managers, for example, avoid businesses involved in tobacco, alcohol, gambling and the development of weaponry. "Green" investing focuses on environmental protection.

If you're interested in SRI, examine your values and use one of following three approaches: Divest your interests out of an unethical situation; screen out certain investments and avoid including them in your portfolio altogether; and/or become a shareholder activist to produce change through advocacy and shareholder voting rights. Professional money managers will employ similar strategies on your behalf, and you pay management fees. Check out socialinvestment.ca for more info.

Security questions got you stumped?

► If you rely on your memory for financial on-line or telephone access you'll waste endless time sitting on your butt waiting in a call centre queue

ON MONEY**ALISON GRIFFITHS**
MONEY@METRONEWS.CA

I'm a big fan of keeping things simple but it isn't easy in this complicated financial world. A typical family has multiple credit cards, debit cards, loans, investment accounts (RRSP, RESP, TFSA, RRIF) and often non-registered accounts as well.

Add to that a raft of bills from utilities to cell phones and it's a staggering number of client IDs, PINs and passwords to remember.

A few years ago, when I



► The average number of passwords, PINs, client IDs and security questions that a working adult needs to remember is 62.

logged on to my bank account from my husband's computer, I was asked a series of security questions "for my own protection."

I've had the account for years and for the life of me I couldn't remember the answers to the questions I'd posed way back then. After three incorrect answers I was shut out.

A vast number of my financial activities are controlled through that account and I was paralyzed for two days, during which I hoped the bank computer would simply "forget" I'd already struck out. No such luck. Finally, I summoned the fortitude to enter the dreaded call centre queue.

Fortunately, I had recorded my telephone pin on what I call a Financial Bomb Shelter — a spreadsheet of my cyber and telephone life. Lesson learned. I went back into each account and recorded all my security questions on the spreadsheet.

My system is handy in case of disaster or something as mundane as a memory lapse. And while we're exhorted not to commit things like passwords, PINs and ID numbers to paper, I defy the average working Joe or Jill to remember every single cyber code in their lives.

Keep your Financial Bomb Shelter safe and it will keep you safe.

"I had recorded my pin on what I call a Financial Bomb Shelter — a spreadsheet of my cyber and telephone life."

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NFL turf battle begins as \$1.6B stadium opens

Quarterback Eli Manning was forced to leave the New York Giants' 31-16 victory over the Jets after suffering a bloody, three-inch gash to the left side of his head in the second quarter last night. The Gi-

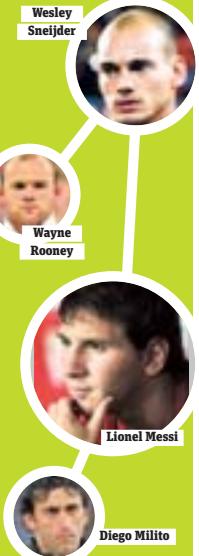
ants quarterback needed 12 stitches to close the cut, and showed no sign of concussion after being hurt with 10:45 left in the first half. Though last night's game was a pre-season affair, the Jets and

Giants were playing the first NFL football game at the \$1.6-billion US stadium that is co-owned by the NFL teams and is the most expensive stadium in the country.

THE ASSOCIATED PRESS

4 sports

The connection



Can you guess the connection between these soccer players? Answer below.

FOOTBALLER OF THE YEAR.
NAME ON A 12-YEAR
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AWARDED.

Quoted



"It's not like I'm 41 or even 35. I just turned 31. No one has come down and stolen away my talent — I still have a lot in the tank."

TRACY MCGRADY, WHO SIGNED WITH THE DETROIT PISTONS YESTERDAY

Canada's top player suffers early exit

► Local favourite Aleksandra Wozniak falls in first round at Rogers Cup
► Failed to capitalize on her opponent's erratic serve

The Rogers Cup has lost its top-ranked Canadian as local favourite Aleksandra Wozniak of Blainville, Que., fell in straight sets 6-3, 6-2 to Timea Bacsinszky of Switzerland in front of a strong centre-court crowd at Uniprix Stadium last night.

"It was such a wonderful atmosphere out there, it's sad to lose here in Montreal in front of all your fans who have been supporting me since I was little," Wozniak said. "You always want to

Doubles results

► Marie-Eve Pelletier of Repentigny, Que., and Toronto's Sharon Fichman fell 6-3, 7-5 to the team of Daniela Hantuchova and

Caroline Wozniacki. Heidi El Tabakh of Oakville, Ont., and Vancouver's Rebecca Marino also dropped their first round match 6-2, 6-1 to Yung-Jan Chan and Jie Zheng.

bring as many wins for them as you can."

It was the first time Wozniak, ranked 53rd in the world, had faced the 49th ranked Bacsinszky in her career.

There was some ques-

tion as to whether Wozniak would be able to play in Montreal as she has battled tendinitis in her right forearm, and she was wearing tape on the damaged forearm during yesterday evening's match.

Bacsinszky's serve was extremely erratic with a first serve percentage of only 39 per cent, but Wozniak was unable to take advantage and ultimately fell in the first round of her home tournament for a second straight year.

Wozniak began the match well with three service winners and an ace in the opening game, but her game began to go downhill when Bacsinszky broke her serve to go ahead 2-1 in the first set. THE CANADIAN PRESS



K-Rod out for rest of season

Mets closer Francisco Rodriguez has a torn thumb ligament in his pitching hand sustained during a fight with his girlfriend's father at Citi Field and will need surgery that will sideline him for the rest of the season.

The Mets announced

the injury before last night's game against the Houston Astros.

The 28-year-old reliever was arrested following the fight and charged with third-degree assault and second-degree harassment. He is due back in court Sept. 14. THE ASSOCIATED PRESS

Bash Bro returns

Jose Canseco has signed a contract with an independent minor-league team in south Texas. The 46-year-old Canseco, a central figure in baseball's steroid era, was introduced yesterday as a member of the Laredo Broncos — a club in the United Baseball League. THE ASSOCIATED PRESS

Medal rush for Canada at Games

Canada is on the board at the Youth Olympic Games after winning five medals in a span of 45 minutes yesterday.

Swimmer Rachel Nicol of Lethbridge, Alta., and wrestler Dori Yeats of Montreal each won gold while swimmer Jeremy Bagshaw

of Victoria, fencer Alexandre Lysov of Richmond Hill, Ont., and taekwondo athlete Melanie Phan of Port Coquitlam, B.C., all captured bronze medals.

Canada was shut out of the medals on its first day of competition Sunday.

THE CANADIAN PRESS

Crossword

Across

1 Elderly
5 Bookkeeper (Abbr.)
8 Smog
12 Kill
13 Scepter
14 Yale grads
15 Comment before an attempt
17 "Phooey!"
18 Longing
19 Deterioration
20 Spooky
21 Catch some rays
22 Lingerie item
23 Suspicious
26 Drank
30 Hint
31 Jewel
32 Ripped
33 Worked in retail, maybe
35 Drive off
36 Conger, e.g.
37 Supporting
38 Muscular
41 Caribbean, for one
42 Carte lead-in
45 - European
46 Electronic musical instrument
48 Finished
49 Have a bug
50 "So it"
51 "Auld Lang —"
52 Petrol
53 Parks of civil rights fame
Down
1 Wan
2 High school-based Fox show
3 Deserve
4 Prepare Easter eggs



5 Sing a la Bing
6 Versifier
7 Billboards
8 Heaven, perhaps, with "the"
9 Winged
10 Tubular pasta
11 Being, to Brutus
16 CSA uniform colour
20 Mound stat
21 So
22 Mooth
23 TV watchdog org.
24 Under the weather
25 Seek damages
26 Proof abbr.

27 Dandy
28 Before
29 East Coast st.
31 Toothpaste type
34 Crucial
35 Bellow
37 Senses
38 Resumes, for short
39 A deadly sin
40 Paradise
41 Actor LaBeouf
42 Bullets and such
43 Tells a whopper
44 Actress Paquin
45 Label
47 Corn spike

► Yesterday's answer

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

Aries March 21-April 20 You cannot afford to make enemies today. If others get angry with you, for whatever reason, don't get angry back. Stay calm and refuse to make an issue of it.

Taurus April 21-May 21 You seem to be expending a lot of energy and a lot of emotion on something that simply isn't that important. It's time to get over it, and also let others know that from here on in they are on their own.

Gemini May 22-June 21 Cosmic activity in your chart means there is nothing you cannot do if you want it enough, but that is not an invitation to go out and do everything. It's about quality, not quantity.

Cancer June 22-July 22 Your family may mean everything to you but you don't have to put them first all the time. If you devote all your energy to domestic issues today you will soon become irritable.

Leo July 23-Aug. 23 You are always impatient with people who think and act slowly, the kind of people who can never seem to make a decision. But don't get so impatient today that you say or do something you might later regret.

Virgo Aug. 24- Sept. 22 You may be desperate to break out of a rut but if you make your move now you could find yourself in an even worse position than before. Be patient. Better times are coming.

Libra Sept. 23-Oct. 23 If you risk everything now you may regret it later in the week. What's the big rush? Believe it or not time is still very much on your side.

Scorpio Oct. 24-Nov. 22 Your main aim today must be to stand back and see what is going on in the world from a wider perspective, because only from a distance will you be able to tell what is fact and what is fiction.

Sagittarius

Nov. 23-Dec. 21 Your confidence is high but be careful because the line between self-belief and reckless behaviour can be so easy to cross. Think twice today before doing anything that might provoke an extreme reaction.

Sudoku

9				6	1	3		
	7				2	9		
		8		4		5		
	4	3				1		
1					9			
7			2	9				
3	6		5					
2	5				3			
8	4	6				1		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	9	6	2	3	4	8	7	5
4	8	2	7	9	5	1	6	3
3	7	5	6	8	1	4	2	9
6	4	8	9	7	2	3	5	1
9	2	1	3	5	6	7	4	8
7	5	3	4	1	8	6	9	2
8	1	4	5	2	7	9	3	6
2	3	7	8	6	9	5	1	4
5	6	9	1	4	3	2	8	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Vani, I would do absolutely anything for you my da. You are a blessing in my life. Happy Birthday!!! JESON

Happy 20th Birthday to the best daughter in the world! We are very proud of you Anisa. May all your hopes & dreams come true. Ameen* LOVE MOM, DAD & AHMED

To my darling Vicki. You are my sexy lady. Can't wait to see you for your birthday! LOVE JOEY!

The day I met you, I knew we were meant to be. Ty, you mean the world to me. Happy 9 Month!!! I love you always:) LOVE, LORE

Lorena, you are the greatest thing that has ever happened to me. The past 2 years with you have been amazing and I look forward to many more by your side. I love you so very much. forever and ever sweetie. DRE B.

A look at the weather

TODAY



Min 9°

Max 18°

WEDNESDAY



Min 8°

Max 26°

THURSDAY



Min 11°

Max 24°

Michele McDougall
Weather Specialist

**Caption contest**

"Yikes!! Who drained the water out of the pool?"
CAROL LONGUE MACDONALD

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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This project is funded by the Government of Canada

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Deals of the week

CUBA

Santa Clara via Calgary
Meliá Las Dunas • 4★

All-Inclusive
Standard rm.
Aug. 21 • 1 wk.

\$649

+Taxes & other fees
(including service charges): \$226

Varadero via Calgary
Sirenis La Salina Varadero
Beach Resort • 4★

All-Inclusive • Standard rm.
Oct. 3-24 • 1 wk.

\$989

+Taxes & other fees
(including service charges): \$266

JAMAICA via Toronto

Gran Bahia Principe
Jamaica • 4 1/2★

All-Inclusive
Junior suite
Sept. 2, 4-25 • 1 wk.

\$1039
PRIVILEGES

+Taxes & other fees
(including service charges): \$300

Iberostar
Rose Hall Beach • 4 1/2★

All-Inclusive
Standard garden view rm.
Sept. 2, 4-25 • 1 wk.

\$1069

+Taxes & other fees
(including service charges): \$300

USA

HAWAII | Maui via Vancouver

Aston at the Maui Banyan • 3★
Value rate - Hotel room/standard
Sept. 11 & 18 • 1 wk.

\$1079

+Taxes & other fees
(including service charges): \$146

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DOMINICAN REPUBLIC

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Samana via Toronto

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Oct. 3-31 • 1 wk.

\$999

+Taxes & other fees
(including service charges): \$325

TURKS & CAICOS via Toronto

Royal West Indies Resort • 4★

Studio botanical view
Aug. 28 & 29 • 1 wk.

\$1129

+Taxes & other fees
(including service charges): \$274

SAINT LUCIA via Toronto

The Village Inn & Spa • 3★

All-Inclusive
Standard rm.
Aug. 28 & 29 • 1 wk.

\$1329

+Taxes & other fees
(including service charges): \$246

MEXICO

Puerto Vallarta/
Riviera Nayarit via Calgary

Meliá Puerto Vallarta • 4★

All-Inclusive
Deluxe garden view rm.
Sept. 4-25 • 1 wk.

\$829
PRIVILEGES

+Taxes & other fees
(including service charges): \$268

Dreams Villamagna
Nuevo Vallarta • 4 1/2★

Unlimited-Luxury®
Junior suite tropical view
with Jacuzzi
Sept. 4-25 • 1 wk.

\$939
PRIVILEGES

+Taxes & other fees
(including service charges): \$268

Cancun/Riviera Maya

Grand Sirenis Riviera Maya
Hotel & Spa • 5★

All-Inclusive • Junior suite
Dec. 21 • 1 wk.

\$1609

+Taxes & other fees
(including service charges): \$288

Gran Bahia Principe Coba • 5★

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Dec. 21 • 1 wk.

\$1669

+Taxes & other fees
(including service charges): \$288

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